**PROTEIN, EGGS AND MILK STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_\_\_**

**PROTEINS**

1. Facts About Protein
	1. Primary function is to *\_\_\_\_\_\_\_\_\_\_\_* and *\_\_\_\_\_\_\_\_\_\_\_\_* body tissue.
	2. Protein provides *\_\_\_\_\_* calories per gram.
	3. Keep meat and poultry portions *\_\_\_\_\_\_\_\_\_\_* and *\_\_\_\_\_\_\_\_\_\_\_*.
	4. Include at least *\_\_\_\_* oz. of cooked *\_\_\_\_\_\_\_\_\_\_\_\_\_* per week.
2. Amino Acids
	1. Amino acids are the \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ of *\_\_\_\_\_\_\_\_\_\_\_*.
	2. There are *\_\_\_\_\_* amino acids.
	3. Of those amino acids, *\_\_\_\_* are *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
	4. The body *\_\_\_\_\_\_\_\_\_\_\_* manufacture *\_\_\_\_\_\_\_\_\_\_\_\_*amino acids so they must be obtained from *\_\_\_\_\_\_\_\_\_\_*.
3. Complete Proteins
	1. Contains *\_\_\_\_\_* nine of the *\_\_\_\_\_\_\_\_\_\_\_\_*amino acids.
	2. Come from *\_\_\_\_\_\_\_\_\_\_\_\_* sources
		1. *\_\_\_\_\_\_\_\_\_\_\_\_*, poultry, *\_\_\_\_\_\_\_\_\_\_\_\_\_*, eggs
	3. One exception, *\_\_\_\_\_\_\_\_* (from soybeans) is the only *\_\_\_\_\_\_\_\_\_\_\_\_\_* protein from a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*source.
4. Incomplete Proteins
	1. Contains *\_\_\_\_\_\_\_\_\_\_* of the nine *\_\_\_\_\_\_\_\_\_\_\_* amino acids, \_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_.
	2. Come from *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* sources.
	3. Grains, \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_, nuts and *\_\_\_\_\_\_\_\_\_\_\_\_\_*
5. Complementary Proteins
	1. When *\_\_\_\_\_\_\_\_\_\_* or more *\_\_\_\_\_\_\_\_\_\_\_\_* proteins *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* together provide *\_\_\_\_\_\_* of the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* amino acids.
	2. A *\_\_\_\_\_\_\_\_\_\_\_\_*combined with any nut, *\_\_\_\_\_\_\_\_\_\_\_\_* or legume.
	3. For example:
		1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* with rice
		2. Peanut butter with whole wheat *\_\_\_\_\_\_\_\_\_\_\_\_\_*

**EGGS**

1. Functions of Eggs
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		1. Definition: They *\_\_\_\_\_\_\_\_\_\_\_* other *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*and hold them *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		2. Recipe Example: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		1. Definition: Used for *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* foods
		2. Recipe Example: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		1. Definition: *\_\_\_\_\_\_\_\_\_\_\_* one *\_\_\_\_\_\_\_\_\_* to *\_\_\_\_\_\_\_\_\_\_\_\_\_* by being dipped into a beaten *\_\_\_\_\_\_\_\_*and then rolled in crumbs or *\_\_\_\_\_\_\_\_\_\_\_\_*.
		2. Recipe example: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		1. Definition: Give height or *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* to many products by being *\_\_\_\_\_\_\_\_\_\_\_\_* between *\_\_\_\_\_\_* to *\_\_\_\_\_* times their *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*volume.
		2. Recipe Example: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		1. Definition: Keeps other ingredients working well together by not *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*the *\_\_\_\_\_\_\_\_\_* and *\_\_\_\_\_\_\_\_\_\_\_*.
		2. Recipe Example: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. Cooking Eggs
	1. Eggs are *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*by *\_\_\_\_\_\_\_\_\_\_* or by long *\_\_\_\_\_\_\_\_\_\_\_\_\_* to heat.
	2. Methods of Cooking Eggs:
		1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
3. Appropriate Storage of Eggs
	1. Store eggs in the *\_\_\_\_\_\_\_\_\_\_\_\_\_*container in the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*
	2. When *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* stored in the refrigerator, eggs may be used for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_.

**MILK**

1. Facts about Milk
	1. Recommendations for teens and adults: *\_\_\_\_\_\_\_\_\_\_\_* daily
	2. Eat *\_\_\_\_\_\_\_\_\_\_\_\_* rich foods from the *\_\_\_\_\_\_\_\_\_\_\_\_* Group
	3. Switch to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* or *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* milk
2. Processing of Milk
	1. Pasteurized: Milk has been *\_\_\_\_\_\_\_\_\_\_\_* treated to remove *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*bacteria.
	2. Homogenized: Milk has had the *\_\_\_\_\_\_\_\_* particles *\_\_\_\_\_\_\_\_\_\_* down and evenly *\_\_\_\_\_\_\_\_\_\_\_\_\_* so the fat will not *\_\_\_\_\_\_\_\_\_\_\_\_* from the milk.
	3. Fortified: Vitamins *\_\_\_\_\_* and *\_\_\_\_\_* have been *\_\_\_\_\_\_\_\_\_\_\_\_*to the milk.
3. Raw/Unpasteurized
	1. Most of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of drinking raw milk are available from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ without the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* that comes with drinking raw milk.
	2. *\_\_\_\_\_\_\_\_\_\_\_\_\_* made into other products like soft cheese, ice cream and yogurt can still *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
	3. When consuming these products, make sure they are *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	4. Raw/unpasteurized milk can *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* such as Salmonella, E-coli, Campylobacter and Listeria.
4. Milk Replacements
	1. Examples
		1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
		3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. Comparable with milk in regards to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
	3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* for people with special dietary needs.
5. Cooking with Milk
	1. Milk products *\_\_\_\_\_\_\_\_\_\_\_\_\_* easily
	2. Need to be cooked at a *\_\_\_\_\_\_\_*temperature with *\_\_\_\_\_\_\_\_\_\_\_\_* stirring.
	3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* milk in the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* prevents *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
6. Healthier Cooking with Milk
	1. Reduce fat in recipes by using a \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ content milk.
		1. Substitute *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*for mayonnaise or sour cream.
		2. Substitute fat-free (*\_\_\_\_\_\_\_\_*) or low-fat (*\_\_\_\_\_\_*) milk for whole milk.